



Mental Health/
Disability Services of the
East Central Region

MHDS OF THE EAST CENTRAL REGION

FY21 ANNUAL REPORT

SUBMITTED

12/1/2021

GEOGRAPHIC AREA: Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, Linn

REVIEWED BY ADVISORY BOARD: 11/30/21

APPROVED BY GOVERNING BOARD: 11/30/21

Table of Contents

Contents

Introduction	3
A. Services Provided and Individuals Served	3
Table A. Number of Individuals Served for Each Service by Diagnostic Category	3
Table B. Unduplicated Count of Individuals by Age and Diagnostic Category	4
B. Regionally Designated Intensive Mental Health Services	6
C. Financials	8
Table C. Expenditures	8
Table D. Revenues.....	12
Table E. County Levies	13
D. Status of Service Development in FY2021	13
E. Outcomes/Regional Accomplishments in FY2021.....	14
ECR Organizational Chart	18
Appendix A.....	19

Introduction

MH/DS of the East Central Region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2021 Annual Report covers the period of July 1, 2020 to June 30, 2021. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

MH/DS of the East Central Region is governed by a 14-member Regional Governing Board comprised of representatives from each county, education, families, and people with lived experience. A complete list of the region's governing board members may be found in Appendix A.

A. Services Provided and Individuals Served

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	547	4176	4723	40
Mental Illness, Intellectual Disabilities	0	35	35	40, 42
Mental Illness, Intellectual Disabilities, Other Developmental Disabilities	0	7	7	40, 42, 43
Mental Illness, Other Developmental Disabilities	1	55	56	40, 43
Mental Illness, MH/DD General Administration	0	2	2	40, 44
Intellectual Disabilities	2	50	52	42
Intellectual Disabilities, Other Developmental Disabilities	0	13	13	42, 43
Other Developmental Disabilities	1	61	62	43
MH/DD General Administration	0	1	1	44
Total	551	4400	4951	99

Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

FY 2021 Actual GAAP	MHDS of the East Central Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient	80	3									83
42306	Psychotherapeutic Treatment - Medication Prescribing	36										36
71319	State MHI Inpatient - Per diem charges	22	1									23
73319	Other Priv./Public Hospitals - Inpatient per diem charges	4										4
	Basic Crisis Response											
32322	Support Services - Personal Emergency Response System	10										10
44301	Crisis Evaluation	211	105									316
44307	Mobile Response	859	334									1193
44312	Crisis Stabilization Community Based Services (CSCBS)	2										2
44313	Crisis Stabilization Residential Service (CSRS)	43	1									44
44396	Access Center start-up/sustainability/coordination	5										5
	Support for Community Living											
32325	Support Services - Respite Services			1		2						3
32329	Support Services - Supported Community Living	112	1	15		31						159
	Support For Employment											
50362	Voc/Day - Prevocational Services			4		3						7
50364	Voc/Day - Job Development	27										27
50367	Day Habilitation	14		13		15						42
50368	Voc/Day - Individual Supported Employment	8		5		20						33
	Recovery Services											
45366	Peer Family Support - Peer Support Services	7										7
	Service Coordination											

	Sub-Acute Services											
64309	Sub-Acute Services (6+ Beds)	1										1
	Core Evidence Based Treatment											
42398	Assertive Community Treatment (ACT)	197										197
	Core Subtotals:	1638	445	38		71						2192
Mandated												
74XXX	Commitment Related (except 301)	1147	121									1268
75XXX	Mental health advocate	1631	25									1656
	Mandated Subtotals:	2778	146									2924
Core Plus												
	Justice System Involved Services											
25XXX	Coordination services	373	8									381
46305	Mental Health Services in Jails	170	5									175
	Additional Core Evidence Based Treatment											
42366	Psychotherapeutic Treatment - Social Support Services	422	1			3						426
42397	Psychotherapeutic Treatment - Psychiatric Rehabilitation	2										2
	Core Plus Subtotals:	967	14			3						984
Other Informational Services												
Community Living Support Services												
22XXX	Services management	677	10	85	2	125	2					901
31XXX	Transportation	130	1	11		18						160
32326	Support Services - Guardian/Conservator	9		11		1						21
32399	Support Services - Other	1				1						2
33345	Basic Needs - Ongoing Rent Subsidy	75		1								76
33399	Basic Needs - Other	28		1								29
41305	Physiological Treatment - Outpatient	1										1
41306	Physiological Treatment - Prescription Medicine/Vaccines	19										19
41307	Physiological Treatment - In-Home Nursing	1										1

42396	Psychotherapeutic Treatment - Community Support Programs	8										8
42399	Psychotherapeutic Treatment - Other	1		26	1	2						30
46306	Prescription Medication (Psychiatric Medications in Jail)	116	1									117
63XXX	RCF 1-5 beds	4										4
	Community Living Support Services Subtotals:	1070	12	135	3	147	2					1369
Congregate Services												
64329	Comm Based Settings (6+ Beds) - Supported Community Living	1										1
64XXX	ICF-6 and over beds	1										1
64XXX	RCF-6 and over beds	249	1	1		2						253
	Congregate Services Subtotals:	251	1	1		2						255
Administration												
12XXX	Purchased Administration									2		2
	Administration Subtotals:									2		2
Uncategorized												
14951	MHDS Fiscal Agent Reimbursement to MHDS Regional Members									1		1
	Uncategorized Subtotals:									1		1
Regional Totals:		6704	618	174	3	223	2			3		7727

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

<u>Date Designated</u>	<u>Access Center</u>
2/1/2021	GuideLink, Iowa City
2/1/2021	Mental Health Access Center of Linn County, Cedar Rapids

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team's most recent fidelity score.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
7/1/2005	Abbe Mental Health, Linn	122
7/1/2005	UIHC, Johnson	115
8/1/2018	RHD, Benton	103
7/1/2018	RHD, Bremer, Buchanan, Delaware, Jones	103
10/24/2019	Hillcrest, Dubuque	108
7/1/2018	UIHC, Iowa	115

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

<u>Date Designated</u>	<u>Subacute</u>
	Penn Center, Iowa City – agency has received license but beds are not operational yet
3/15/2021	Penn Center, Cedar Rapids

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual's clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.

- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

Date Designated	Intensive Residential Services
	<i>Still in negotiations with MCOs on rates. The region has two providers pursuing the service</i>

C. Financials

Table C. Expenditures

FY 2021 Accrual	MHDS of the East Central Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$312,615.70					\$312,615.70
42306	Medication prescribing & management **	\$73,215.51					\$73,215.51
43301	Assessment, evaluation, and early identification **	\$0.00					\$0.00
71319	Mental health inpatient therapy-MHI	\$507,974.19					\$507,974.19
73319	Mental health inpatient therapy **	\$9,793.07					\$9,793.07
	Crisis Services						
32322	Personal emergency response system	\$3,263.00					\$3,263.00
44301	Crisis evaluation	\$118,700.00					\$118,700.00
44302	23 hour crisis observation & holding	\$0.00					\$0.00
44305	24 hour access to crisis response	\$0.00					\$0.00
44307	Mobile response **	\$1,933,264.89					\$1,933,264.89
44312	Crisis Stabilization community-based services **	\$320.00					\$320.00
44313	Crisis Stabilization residential services **	\$52,227.55					\$52,227.55
44396	Access Centers: start-up / sustainability	\$2,677,739.82					\$2,677,739.82
	Support for Community Living						
32320	Home health aide	\$0.00					\$0.00
32325	Respite		\$12,836.89	\$2,836.58			\$15,673.47
32328	Home & vehicle modifications						\$0.00
32329	Supported community living	\$1,444,781.53	\$164,029.49	\$185,445.02			\$1,794,256.04

42329	Intensive residential services						\$0.00
	Support for Employment						
50362	Prevocational services		\$9,950.00	\$10,800.00			\$20,750.00
50364	Job development	\$3,685.04	\$4,881.19	\$824.43			\$9,390.66
50367	Day habilitation	\$565,157.26	\$225,689.80	\$84,696.26			\$875,543.32
50368	Supported employment	\$27,340.14	\$26,796.16	\$73,882.19			\$128,018.49
50369	Group Supported employment-enclave	\$809.51	\$1,619.03	\$269.84			\$2,698.38
	Recovery Services						
45323	Family support						\$0.00
45366	Peer support	\$126,392.34					\$126,392.34
	Service Coordination						
21375	Case management						\$0.00
24376	Health homes						\$0.00
	Sub-Acute Services						
63309	Subacute services-1-5 beds						\$0.00
64309	Subacute services-6 and over beds	\$4,000.00					\$4,000.00
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	\$10,548.64					\$10,548.64
32396	Supported housing						\$0.00
42398	Assertive community treatment (ACT)	\$521,561.93					\$521,561.93
45373	Family psychoeducation						\$0.00
	Core Domains Total	\$8,393,390.12	\$445,802.56	\$358,754.32	\$0.00		\$9,197,947.00
Mandated Services							
46319	Oakdale						\$0.00
72319	State resource centers						\$0.00
74XXX	Commitment related (except 301)	\$339,493.17					\$339,493.17
75XXX	Mental health advocate	\$244,579.18					\$244,579.18
	Mandated Services Total	\$584,072.35	\$0.00	\$0.00	\$0.00		\$584,072.35
Additional Core Domains							
	Justice system-involved services						
25xxx	Coordination services	\$547,176.00					\$547,176.00
44346	24 hour crisis line*	\$281,539.50					\$281,539.50
44366	Warm line*	\$2,434.12					\$2,434.12
46305	Mental health services in jails	\$252,213.64					\$252,213.64
46399	Justice system-involved services-other						\$0.00
46422	Crisis prevention training	\$16,151.98					\$16,151.98
46425	Mental health court related costs						\$0.00
74301	Civil commitment prescreening evaluation						\$0.00
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	\$190,954.92		\$2,004.06			\$192,958.98

42397	Psychiatric rehabilitation (IPR)	\$19,319.70					\$19,319.70
	Additional Core Domains Total	\$1,309,789.86	\$0.00	\$2,004.06	\$0.00		\$1,311,793.92
Other Informational Services							
03371	Information & referral	\$112,608.65					\$112,608.65
04372	Planning, consultation &/or early intervention (client related) **						\$0.00
04377	Provider Incentive Payment						\$0.00
04399	Consultation Other						\$0.00
04429	Planning and Management Consultants (non-client related)	\$500.00					\$500.00
05373	Public education, prevention and education **	\$2,215,755.12					\$2,215,755.12
	Other Informational Services Total	\$2,328,863.77	\$0.00	\$0.00	\$0.00		\$2,328,863.77
Community Living Supports							
06399	Academic services						\$0.00
22XXX	Services management	\$702,540.83	\$82,920.85	\$134,968.15			\$920,429.83
23376	Crisis care coordination						\$0.00
23399	Crisis care coordination other						\$0.00
24399	Health home other						\$0.00
31XXX	Transportation	\$225,864.84	\$26,679.12	\$41,534.33			\$294,078.29
32321	Chore services						\$0.00
32326	Guardian/conservator	\$9,067.00	\$13,331.00	\$1,500.00			\$23,898.00
32327	Representative payee						\$0.00
32335	CDAC						\$0.00
32399	Other support	\$5,050.00		\$5,695.20			\$10,745.20
33330	Mobile meals						\$0.00
33340	Rent payments (time limited)						\$0.00
33345	Ongoing rent subsidy	\$154,856.81	\$3,500.00				\$158,356.81
33399	Other basic needs	\$39,844.73	\$694.14				\$40,538.87
41305	Physiological outpatient treatment	\$1,302.02					\$1,302.02
41306	Prescription meds	\$10,960.37					\$10,960.37
41307	In-home nursing	\$642.12					\$642.12
41308	Health supplies						\$0.00
41399	Other physiological treatment						\$0.00
42309	Partial hospitalization						\$0.00
42310	Transitional living program						\$0.00
42363	Day treatment						\$0.00
42396	Community support programs	\$9,542.02					\$9,542.02
42399	Other psychotherapeutic treatment	\$800.00	\$162,400.00	\$6,894.75			\$170,094.75
43399	Other non-crisis evaluation						\$0.00
44304	Emergency care	\$8,817.25					\$8,817.25

44399	Other crisis services						\$0.00
45399	Other family & peer support						\$0.00
46306	Psychiatric medications in jail	\$76,158.80					\$76,158.80
50361	Vocational skills training						\$0.00
50365	Supported education						\$0.00
50399	Other vocational & day services						\$0.00
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$0.00
63XXX	ICF 1-5 beds (63317 & 63318)						\$0.00
63329	SCL 1-5 beds						\$0.00
63399	Other 1-5 beds	\$1,076.79					\$1,076.79
	Community Living Supports	\$1,246,523.58	\$289,525.11	\$190,592.43	\$0.00		\$1,726,641.12
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$0.00
64XXX	RCF 6 and over beds (64314, 64315 & 64316)						\$0.00
64XXX	ICF 6 and over beds (64317 & 64318)						\$0.00
64329	SCL 6 and over beds	\$38,564.55					\$38,564.55
64399	Other 6 and over beds	\$3,349,414.87	\$2,063.76	\$20,053.99			\$3,371,532.62
	Other Congregate Services Total	\$3,387,979.42	\$2,063.76	\$20,053.99	\$0.00		\$3,410,097.17
Administration							
11XXX	Direct Administration					\$2,361,612.63	\$2,361,612.63
12XXX	Purchased Administration					\$298,808.00	\$298,808.00
	Administration Total					\$2,660,420.63	\$2,660,420.63
	Regional Totals	\$17,250,619.10	\$737,391.43	\$571,404.80	\$0.00	\$2,660,420.63	\$21,219,835.96
(45XX-XXX)County Provided Case Management							\$-
(46XX-XXX)County Provided Services							\$-
	Regional Grand Total						\$21,219,835.96

13951	Distribution to MHDS regional fiscal agent from member county	\$23,209,395.54
14951	MHDS fiscal agent reimbursement to MHDS regional member county	\$3,219,720.08

*24 hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.

**Core services for children with a serious emotional disturbance (SED)

Table D. Revenues

FY 2021 Accrual	MHDS of the East Central Region		
Revenues			
	FY20 Annual Report Ending Fund Balance		\$14,105,211.00
	Adjustment to 6/30/20 Fund Balance		\$369,929.00
	Audited Ending Fund Balance as of 6/30/20 (Beginning FY21)		\$14,475,140.00
	Local/Regional Funds		\$21,475,300.68
10XX	Property Tax Levied	\$17,423,086.00	
12XX	Other County Taxes	\$33,097.00	
16XX	Utility Tax Replacement Excise Taxes	\$444,443.00	
25XX	Other Governmental Revenues	\$3,200,734.00	
4XXX- 5XXX	Charges for Services	\$2,120.00	
5310	Client Fees	\$0.00	
60XX	Interest	\$56,121.09	
6XXX	Use of Money & Property	\$45.00	
8XXX	Miscellaneous	\$315,654.59	
9040	Other Budgetary Funds (Polk Transfer Only)	\$0.00	
	State Funds		\$1,259,757.00
21XX	State Tax Credits	\$815,820.00	
22XX	Other State Replacement Credits	\$438,053.00	
24XX	State/Federal pass thru Revenue	\$5,758.00	
2644	MHDS Allowed Growth // State Gen. Funds	\$0.00	
29XX	Payment in Lieu of taxes	\$111.00	
26xx,27xx	Other	\$15.00	
	Other	\$0.00	
	Federal Funds		\$4,882,039.56
2345	Medicaid	\$0.00	
2347	CARES Act	\$4,882,039.56	
	Other	\$0.00	
	Total Revenues		\$27,617,097.24

Total Funds Available for FY21	\$42,092,237.24
FY21 Actual Regional Expenditures	\$21,219,835.96
Accrual Fund Balance as of 6/30/21	\$20,872,401.28

Table E. County Levies

County	2018 Est. Pop.	Regional Per Capita	FY21 Max Levy	FY21 Actual Levy	Actual Levy Per Capita
Benton	25,642	36.51	936,189	\$ 871,828	34.00
Bremer	24,947	36.51	910,815	\$ 910,815	36.51
Buchanan	21,199	36.51	773,975	\$ 350,000	16.51
Delaware	17,069	36.51	623,189	\$ 425,488	24.93
Dubuque	96,854	36.51	3,536,140	\$ 2,864,886	29.58
Iowa	16,141	36.51	589,308	\$ 352,633	21.85
Johnson	151,260	36.51	5,522,503	\$ 4,900,305	32.40
Jones	20,744	36.51	757,363	\$ 700,000	33.74
Linn	225,909	36.51	8,247,938	\$ 7,531,760	33.34
Total MHDS of the E. Central Region	599,765		21,897,420	18,907,715	31.53

D. Status of Service Development in FY2021

Although service development was substantially hindered by the COVID-19 pandemic, MH/DS of the East Central Region continued to pursue service expansion for children and adults. During this fiscal year, the region was able to support the opening of two access centers as well as continue the operations of the access hub in Benton County. As a part of the Access Centers' array of services, both centers implemented 23-hour Observation with Sub-Acute in Linn County and Crisis Stabilization Residential Services became operational in Johnson County. These vital services ensure that citizens of the region receive timely and responsive care in critical situations.

Children's service development was also slowed by the pandemic, but the region was able to make steady progress in some areas. Contracts were executed with 3 hospitals to provide inpatient behavioral health care. The regional CEO and Children's Coordinator also established a working relationship with the region's Maternal, Child and Adolescent Health partners to discuss early identification and early intervention. This group met several times to plan a Children's Mental Wellbeing Summit. The summit was intended to build awareness of the services of all agencies within the children's sphere and brainstorm needs in the local area. Unfortunately, due to the rising numbers of COVID-19 in many counties, the summit was postponed, so our public health providers could focus on disease prevention and treatment. The event will be re-scheduled at a later date.

The region also met several times with four providers interested in developing Crisis Stabilization Residential Services for children. Two of the four ultimately decided they were unable to pursue the service development because of staffing issues. Currently, two providers are awaiting Exceptions to Policy from the Department of Human Services to provide that service on a campus setting. MH/DS of the East Central Region has offered start-up funding to the providers and will invest those funds as soon as the providers are ready. Crisis Stabilization Community Based Services for children and adults have been in negotiation and are set to begin in FY 2022.

During FY20, ECR had two active Law Enforcement Liaisons that provide de-escalation, triage, and care coordination with law enforcement agencies in order to reduce arrest and incarceration of people experiencing a brain health crisis. As part of the entire continuum of jail diversion services, the Region offered two more Law Enforcement Liaisons to regional law enforcement agencies. Linn County Sheriff's department and the Iowa City police department indicated commitment to the position. Throughout FY21, those two departments met regularly with crisis providers to create a common vision for the position and both were able to hire a person to fulfill the role of Law Enforcement Liaison.

E. Outcomes/Regional Accomplishments in FY2021

An intentional effort to bring cohesiveness and a long-range vision to the Region was implemented during FY20 in the development of a 5-year Strategic Plan. Regional staff engaged in preparatory work and the Regional Governing Board developed five broad goals for the Region in February, 2020. These five goals include:

- Access
- Array of Services
- Effective Partnerships
- Fiscal Responsibility
- Cohesive Region

The Regional Governing Board believes these goals will ensure that adults and children with brain health and developmental issues will receive the support they need in an environment that is collaborative, so that no single system bears all the responsibility. These goals also ensure that the Region meets statutorily mandated policy and fiscal responsibilities in a manner that ensures the Region's strength as a whole.

Because the goals are so broad, each year the Regional Governing Board approves Priority Initiatives that will be the focus for the ensuing fiscal year. These Priority Initiatives are set in May after the legislative session concludes, so the Region may adapt to any Code changes. Unfortunately, the COVID-19 pandemic prohibited the legislative session from being finished in May 2021, but the Priority Initiatives for FY21 were set regardless. With these Priority Initiatives as the region's compass, effort and intention were focused on the following areas:

Tier 1 Priority

- Collaborate with crisis provider to brainstorm and implement an innovative approach to meeting crisis needs in rural communities
- Complete a Gap Analysis of transportation needs across the Region
- Proactively plan for and communicate a consistent message to legislators and regional tax payers regarding stable and reliable funding for MHDS services
- Evaluate and make recommendations for more effective and consistent use of jail diversion programs

- Continue to strengthen collaborations with school districts to ensure school staff and parents are aware of available services
- Implement more robust quality assurance practices to ensure that the Region is effectively using tax dollars and to provide technical assistance to providers

Tier 2 Priority

- Develop a plan to increase access to MHDS services via transportation services
- Evaluate the need and make identified changes in order to make the ECR budgeting process transparent and understandable to all regional stakeholders
- Explore the possibility of adding at least one more Access Hub location within the Region
- Meet with providers to prepare for service development and implementation of Children's Tier 2 services (dependent on Director's Exception due to COVID-19)
- Develop and implement a plan for outreach and education to increase awareness of services available for adults and children
- Complete Service Mapping and Gap Analysis to measure equitability according to the unique needs of each county

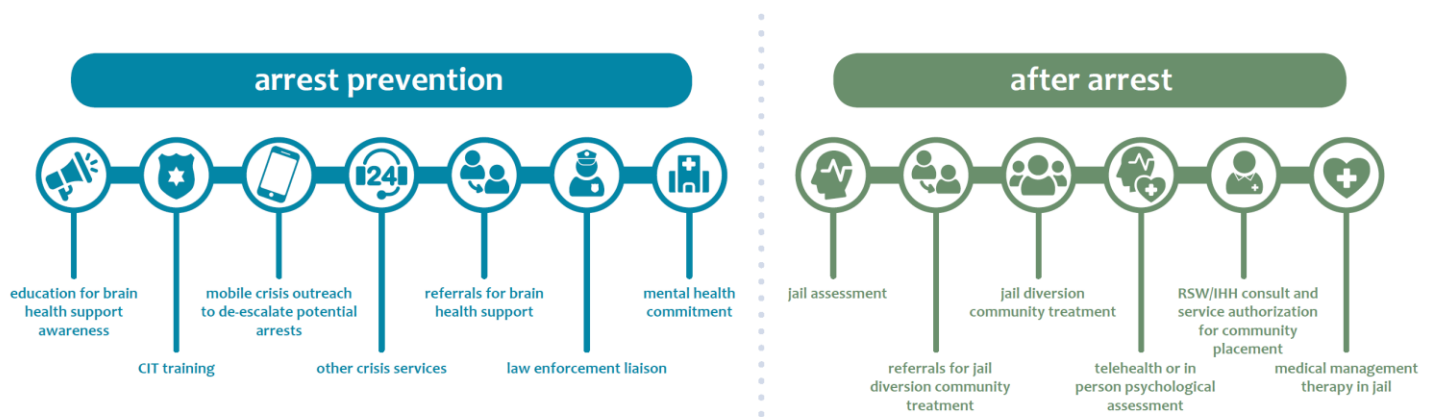
Tier 3 Priority

- Work with the medical and brain health communities to develop and implement training and resources for Children's Brain Health needs for primary care practitioners
- Pursue development of remaining intensive psychiatric services identified in the Complex Needs bill HF2456 (dependent on Director's Exception due to COVID-19)

Each quarter regional staff provided an update on these priorities to the Regional Governing Board. This gives the board and staff an opportunity to monitor progress and direct efforts to ensure that the region's five-year goals will be realized.

One of the most significant projects from the FY21 Priority Initiatives was the Jail Diversion evaluation and report (Tier 1 above) To meet this initiative, a subcommittee of ECR coordinators began by identifying the outcomes the region should expect from the over \$500,000 the region invests in jail diversion activities each year. Once the outcomes were identified, the committee endeavored to review current jail diversion treatment services, collect consistent data, and ensure comparable and effective services across the region. From this work, a renewed concept of jail diversion began to be understood. As a concept to the region, jail diversion should mean the overall efforts to reduce arrests and incarceration of persons experiencing brain health crises as well as the reduction of the amount of time that persons with brain health issues spend in jail as exemplified below:

Jail Diversion Continuum



For the number of years that the region has funded jail diversion community treatment, the services have been at the will of the judicial system. While the region respects the knowledge and professionalism of the judicial system, it is imperative that the region has identified expectations of jail diversion as a concept rather than only jail diversion community treatment because of the significant investment the region makes each year for all jail diversion activities. Therefore, the committee developed regional expectations for prior and post arrest. The committee also recognized that all programs are uniquely different. There are four jail diversion community treatment programs governed by three judicial districts within the ECR. While the region has limited expectations the judicial districts can change practices just to meet regional expectations, some consistency of implementation was recommended and approved by the Regional Governing Board. These recommendations will be implemented and monitored throughout FY22.

A great deal of regional administrative staff time and effort during the FY21 year was spent addressing and alleviating the brain health effects brought on by the COVID-19 pandemic. On July 8, 2020 Governor Reynolds pledged \$30 million of federal CARES funds to the MH/DS Regions. The allocation was given based on population, so MH/DS of the East Central Region received \$5,700,926. Regional staff sought input from the Regional Governing Board, the provider network, as well as education and healthcare partners in planning for these funds. Mini-grants were offered in two rounds to school districts and MH/DS providers in an effort to address the primary and secondary effects of the pandemic. The region also offered larger grants with the expectation that projects aligned with the five goal areas of the strategic plan. Projects funded across the nine-county area addressed the pandemic's effects with mental wellness coaching, social-emotional learning tools, Personal Protective Equipment and other sanitizing agents, training and education for families dealing with the stress of the pandemic, marketing to let people know that it's okay to need help and tools to help them find it, and other prevention activities. Outreach to individuals needing mental wellbeing check-ins was offered through a campaign promoting "Get a checkup from the neck up." This, along with an outreach campaign across the state, increased awareness of brain health issues through a statewide collaboration between all the regions in the development of a new website, www.iowamhdsregions.org.

One accomplishment of note with CARES funds was the Mental Wellbeing project. This project was implemented through a joint effort between Abbe Community Mental Health and Hillcrest Services and became a standard of collaboration that the region continues to highlight. These two providers worked together to offer free mental well-being coaching sessions, first for essential workers then ultimately for anyone impacted by the pandemic. CARES Act funding also allowed ECR to purchase supplies to fill over 3,000 backpacks for use at homeless shelters or other providers working with individuals with limited access to personal hygiene and other supplies.

The region was able to distribute \$4,880,148 of the allocated CARES funds. More importantly, ECR, along with other regions in the state, was able to build relationships across service systems, combat the stigma associated with brain health concerns, and provided much needed relief to Iowans suffering from the effects of the unprecedented pandemic.

The East Central Region continues to strive to meet Access Standards on all core services. The region worked throughout FY21, despite the pandemic, to ensure that service development and implementation were planned for the remaining core services. Obstacles to full implementation were present in the form of provider safety and staffing concerns, as well as the pace of service development in partnership with the state's Managed Care Organizations.

The East Central Region continued implementation of the first tier of children's behavioral health services with access to assessment and evaluation, outpatient counseling, and medication management. The region has offered Mobile Crisis Response for children and families since the service has been operational in the region, and efforts are currently underway to expand these services. Prevention Services have been offered through yoga and mindfulness activities in schools and the region's youth shelters. Children's Behavioral Health Education is also available for schools through a grant process. In addition, as stated above, a significant amount of CARES funds were provided for children's behavioral health response and prevention. The region spent nearly \$1.6 million of the total CARES funds directly for the benefit of children.

Evidence Based Practices were reviewed through efforts at the state and local level as ECR staff continue to participate in statewide committees for the standardization and implementation of the EBPs identified in the Iowa Code. The East Central Region is an active participant on each committee and is leading or co-leading three of them.

Trainings continued to be held virtually throughout the year. The Learning Community Steering Committee continues to meet monthly to determine training needs being noted by providers. Crisis Intervention Training (CIT), Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Question/Persuade/Refer (QPR), NAMI In Our Own Voice, NAMI Connections, THRIVE, LGBTQ 101, Trauma Informed Care, "We're in this together" (COVID perspective for providers), Staff Retention, and "Pivot: Knowing how and when to change" were offered through virtual or in-person means. For people with lived experience, WRAP Facilitator training was also funded, as well as the Iowa Empowerment Conference.

ECR Organizational Chart



Appendix A

COUNTY-APPOINTED REGIONAL GOVERNING BOARD

Name	County
Gary Bierschenk	Benton
Duane Hildebrandt	Bremer
Gary Gissel	Buchanan
Shirley Helmricks	Delaware
Ann McDonough	Dubuque
John Gahring	Iowa
Pat Heiden	Johnson
Ned Rohwedder	Jones
Ben Rogers	Linn

ADULT ADVISORY COMMITTEE

Name	Representation	County
Diane Brecht (RGB Adult Provider Rep)	Provider of MH/DS services	Delaware
Jenn Day (RGB Peer Rep)	Peer Support Specialist	Johnson
Brian Larkin	Parent	Linn
Tom Morrissey	Peer Support Specialist	Delaware
Theresa Phillips	Parent	Iowa
Lorri Regan	Peer Support Specialist	Dubuque Bremer
Jessica Gulick	Provider of MH/DS Services	Bremer
Julie Schwarting	Provider of MH/DS Services	Buchanan
Carrie Merrick	Provider of MH/DS Services	Dubuque
Elley Gould	Provider of MH/DS Services	Johnson

Jeannine Scandridge	Provider of MH/DS Services	Iowa
Theresa Graham Mineart	Provider of MH/DS Services	Linn
Stacie Lane	Provider of MH/DS Services	Johnson
Ben Rogers	RGB Liaison	Linn

CHILDREN'S ADVISORY COMMITTEE

Name	Representation	County
Amy Grask (RGB Children's Provider Rep)	Provider of MH/DS Services	Linn
Andrew Beer	Provider of MH/DS Services	Linn
Linda Duffy	Provider of MH/DS Services	Dubuque
Shalon Frye	Educator	Buchanan
Melissa O'Brien (RGB Education Rep)	Educator	Dubuque
Jim Hessenius	Juvenile Court	Benton
Sydney Mason	Advocate	Johnson
Carrie Slagle	Advocate	Linn
Melisa Lammers	Department of Human Services	Bremer
Tammy Wetjen-Kesterson	Early Childhood Iowa	Iowa
Erin Monighan	Early Childhood Iowa	Benton
James Hauschild	Law Enforcement	Delaware
Vicki Ries	Childcare Provider	Delaware
Angela Zimpher (RGB Parent Rep)	Parent	Buchanan
Vacant	Pediatrician	
Melissa Paulsen	Provider of MH/DS Services	Jones
Ann McDonough	RGB Liaison	Dubuque